

Burrell Behavioral Health
Columbia TAY Team
Columbia TAY-BH/DD Team
Sedalia TAY Team
Springfield Adult Team
Springfield TAY Team
Springfield IMPART Team

BJC
St. Louis TAY Team

Compass Health
Nevada Adult Team
Belton TAY Team
St. Charles TAY Team
Jefferson City TAY Team
Clinton W&C ACT Team

Family Guidance Center
St. Joseph Adult Team

Ozark Center
Joplin Adult Team
Joplin TAY Team

Places for People
St. Louis Adult teams:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

Preferred Family Healthcare
Hannibal TAY-ITCD Team

St. Patrick Center
St. Louis Adult Team

Hopewell
St. Louis TAY Team

INSIDE THIS ISSUE:

New Faces	2
Tips & Tools	2
Spotlight	3
TMACT corner	3
Resources, Team map & DMH contacts	4
New ACT trainings	5
The Arts	6

Assertive Community Treatment

MO ACT NEWSLETTER

ISSUE 27 SUMMER 2020

Hello from DMH by Lori Norval

Assertive Community Treatment has been provided in Missouri for many years now. Since the inception of ACT services, the quality and adherence to this evidence based practice has increased and diversified. In an effort to recognize the improvement in quality ACT services, DMH is pleased to begin determining eligibility for teams to be exempted from an annual fidelity review.

The DMH fidelity team reached out for consultation with national trainer and fidelity reviewer David Lynde, as well as internally examined key factors to decide which parameters to use in determining how a team could earn an exempted review. The result is a list of priorities a team must meet approximately 6 weeks before the fidelity review anchor month to qualify for exemption that year:

Qualifiers:

3.8 or above = total ACT score on the last 2 DMH reviews

Same team Physician/Prescriber and Team Leader present on team for past 6 months

Active collaboration with DMH on FIP since last review

Additional specific item threshold qualifiers:

Last review score of 3 or above on scale item OS5

Last review score of 4 or above on scale items OS10, CP8, EP4, EP5, PP2 and PP3

Disqualifiers:

4 or more vacancies of any positions on the team

Note: If, over the 6 weeks from the time these parameters are applied, the Team Lead or Physician/Prescriber vacates the team, a full review will be forthcoming. The review would not take place until at least 3 months after a new Team Leader is hired. It is not yet determined if a team can be exempted for a second consecutive review. DMH reserves the right to conduct a full review at any time, regardless of criteria being met.

In the case of earning the exemption, the team will be notified formally and the regional fidelity partner will continue to follow up with the team on their ongoing fidelity improvement plan (FIP) to support progress and improvements to fidelity based on the former review and recommendations. In addition, orientation to role and other evidence based trainings will continue to be made available to the team throughout the year.

We are excited to begin exempting eligible teams from reviews as a reflection of the high quality services and adherence to the evidence based model of Assertive Community Treatment in Missouri. We congratulate those who will qualify and continue to be proud of our teams providing such critical services to individuals in most need.



To find past issues of the ACT Newsletter, go to the DMH—ACT page at:

<https://dmh.mo.gov/mental-illness/provider/act>

Scroll down to “newsletters” and find your archived online copy!

NAMI Support Group listings can be found at:

<https://namimissouri.org/support-groups/>

Missouri ACT is on the web!

<https://dmh.mo.gov/mental-illness/provider/act>

NEW FACES IN ACT!

Burrell Columbia TAY Team:

Rebecca Nobles – Team Leader

Burrell Columbia TAY BHDD Team:

Trey Dawson – Peer Specialist

Burrell SW TAY Team:

Donald Dawson – RN

Burrell IMPART:

Janet Sims – Peer Specialist

Burrell TAY Sedalia Team:

Lacie Hawkins – CSS

Hannah Johnson – Peer Specialist

Victoria Ahrendt – RN

Julie Kilmer – SEE Specialist

Compass Health Belton TAY Team:

Laurie McGuire – RN

Preferred TAY Team:

Sam Hall – COD Specialist

Compass Health Specialized Henry County Team:

Sharon Tribble – COD Specialist

Janet Hankins – Prescriber

Amanda Underwood – RN

Jesse Wood – I.H.S.

Compass Health St. Charles TAY Team:

Tonya Hankins – COD Specialist

Olivia Nathan – SEE Specialist

Ozark Center TAY Team:

Jackie Woolridge – Prescriber

Dawn Koopman – RN

BJC TAY Team:

Angela Johnson – Interim Team Leader

Krysty Walton – COD Specialist

Justin Seivier – SEE Specialist

Nancy Barton – RN

ACT Tips & Tools of the Trade

ACT Team Leadership

Every ACT program needs a person who assumes the role as the Team leader. This leader maintains a macro-level view of the team’s resources and service recipients’ needs at all times.

Every ACT team is to have one full-time person serving as the Team Leader. This person has full clinical, administrative, and supervisory responsibility to the team, and no responsibility to any other agency programs during the 40-hour work week. Qualified individuals ideally have at least a Master’s degree in a behavioral health, rehabilitation, or related clinical field, as well as a license in their respective field. State licensure and/or certification in one’s clinical field helps to ensure that a minimal standard of training and knowledge of practice and ethics has been met and is being maintained with license renewals. The Team Leader also has at least three years of experience in working with adults with severe mental illness.

ACT Team Leaders typically have more

immediate supports from middle management (e.g., Program Manager), who provides supervision to the team lead and helps ensure the team has what it needs in terms of resources and supportive policy. Team Leaders also receive a tremendous amount of support from an office-based Program Assistant. Larger teams often have an Assistant Team Leader, who can share in some of the leadership responsibilities, and are essentially groomed to assume the Team Leader role if there is a staff change. Team Leaders also work very closely with the ACT Team Psychiatric Care Provider to provide clinical leadership and direction to the team.

Taken from Institute for Best Practices at <http://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>

For training in leadership styles, please consider viewing the following training link: https://youtu.be/JvxZyuAox_4

Email Lori Norval for the questionnaire survey accompanying this video.



For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<https://dmh.mo.gov/mental-illness/provider/act>

And click on ACT & Transition Aged Youth



Follow PACTwise team solutions' blog for interesting articles written by fellow ACT staff with over 30 years' experience in the field at: <https://pactwiseblog.com/>

TEAM MEMBER SPOTLIGHT

Name: Cody Bond, Psy.D.

Team/Location: Compass Health Network/Nevada, MO

Position/Role: Clinical Psychologist

Favorite thing about working on ACT team: Prior to joining the ACT team I would have infrequent consultations with other staff about mutual clients. Being able to set aside time for regular roundtable meetings with everyone on the team has been incredibly helpful.

Favorite Food: Breakfast

Something to share with other ACT teams: When in doubt, teach mindfulness. ☺

TMACT Corner



ST4 – Employment Specialist on Team

The Employment and Education Specialist on any ACT team is a key player indeed. This person embodies hope for many with life goals tied to working or continuing their education. Each ACT team should have at least one full time member designated as a SEE Specialist. This person needs at least one year of experience in providing employment services such as job development, job coaching, or supported employment. Often they may share training and information with a larger employment services division within their organization such as Individual Placement and Support (IPS). The SEE should be providing 80% or more of their interventions toward engaging clients who might be interested in career development, school or other employment related pursuits. This can be easy on a TAY team and a bit more challenging for teams with an older adult population. The team SEE is often the first person a TAY may ask for and the SEE can assist the team in providing outreach and engagement for certain individuals in need.

You can receive ACT specific technical assistance from DMH staff. They are happy to assist!

Lori.Norval@dmh.mo.gov

Kelly.Orr@dmh.mo.gov

Chrystal.Cole@dmh.mo.gov

Carolyn.Sullivan@dmh.mo.gov

Bobbi.Summers@dmh.mo.gov

Page 4

DMH Contact Information:

Lori Norval, MS, LPC
Manager of Evidence Based Services & Review
Department of Mental Health
2201 N. Elm St.
Nevada, MO 64772
Phone: (417) 448-3476
Lori.Norval@dmh.mo.gov

Kelly Orr
Community Mental Health Specialist
Department of Mental Health
5400 Arsenal Street
St. Louis, MO 63139
Phone: (314) 877-5972
Kelly.Orr@dmh.mo.gov

Chrystal Cole, MA
Quality Assurance Specialist
Department of Mental Health
2201 N. Elm St.
Nevada, MO 64772
Phone: (417) 448-3462
Chrystal.Cole@dmh.mo.gov

Carolyn Sullivan, MS
Program Specialist II
Department of Mental Health
1706 East Elm Street
Jefferson City, MO 65101
Phone: (573) 526-0264
Carolyn.Sullivan@dmh.mo.gov

Bobbi Summers, MS, LPC
CMHC Specialist
Department of Mental Health
1101 Weber Rd. Suite D
Farmington, MO 63640
Phone: (573) 218-7141
Bobbi.Summers@dmh.mo.gov



RESOURCES



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<http://navigateconsultants.org/manuals/>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Division of Behavioral Health Employment Services

<https://dmh.mo.gov/mental-illness/employment-services>

IPS Employment Center

<https://ipsworks.org/>

Certified Peer Specialist

<https://dmh.mo.gov/mental-illness/peer-support-services>

SSI/SSDI Outreach, Access and Recovery (SOAR)

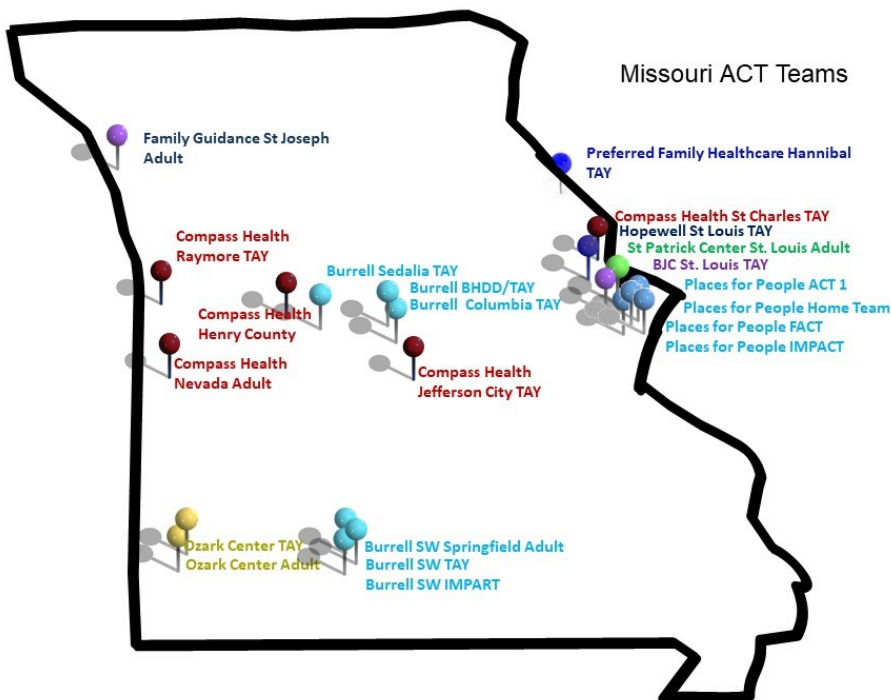
<http://soarworks.prainc.com/>

Missouri Recovery Network

www.morecovery.org

Institute for Best Practices (TMACT website)

<https://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>



Missouri

Assertive Community Treatment Newsletter

Issue 27

Summer 2020



To access the free and downloadable **Supported Housing Toolkit** on the **Substance Abuse and Mental Health Services Administration (SAMHSA)** website:

[CLICK HERE](#)

Take the free **SOAR online training course** by visiting

<http://soarworks.praire.com/course/ssissdi-outreach-access-and-recovery-soar-online-training>

New DMH training for ACT Team Leaders

The Tool for Measurement of Assertive Community Treatment, "TMACT" fidelity scoring protocol can seem daunting to any team leader at first. Until teams have had reviews and become more familiar with the tool, it may seem overwhelming. In an effort to aid the team leader in getting a more detailed understanding of TMACT and its 47 scale items, we have developed an in-depth training.

It will provide new team leaders (or seasoned leaders who would like a refresher) with a history of ACT in Missouri, what fidelity **really** is, and will examine the detailed and specific information about the purpose and scoring of each of the subscales one by one. As you can imagine, this is a lot of information and the training will be broken up into several sessions. We hope this new training will help team leaders understand how the TMACT measures fidelity in the different areas, the rationale for scoring, and how to better interpret annual fidelity reports. A great big thanks to Rebecca Nobles-Jackson, the new team leader at Burrell Behavioral Health's ACT-TAY team in Columbia for being our first training recipient!

Ask for the TMACT overview for Team Leaders by contacting your regional DMH fidelity partner or Carolyn Sullivan at DMH.

DMH Presents: DBT Basics for ITCD and ACT Teams!

The training consists of 4 - 1 hour WebEx sessions that cover characteristics of Borderline Personality Disorder, Marsha Linehan's development of Dialectical Behavior Therapy, key components of using DBT as an evidenced based practice and an overview of the four standard DBT skills modules – mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

DBT Basics Virtual Training

<https://stateofmo.webex.com/join/bobbi.summers>

Session 1

Introduction & History of DBT

August 24th 2:30 PM – 3:30 PM

Session 2

Staff Objectives, Treatment Targets & Validation

August 31st 2:30 PM – 3:30 PM

Session 3

Mindfulness & Distress Tolerance

September 8th 2:30 PM to 3:30 PM

Session 4

Interpersonal Effectiveness & Emotion Regulation

September 14th 2:30 PM to 3:30 PM

Presented by Bobbi Summers, LPC - Bobbi has a Master's of Science in Clinical Counseling and has been a Licensed Professional Counselor since 2008. She is a DBH Adult Community Operations staff in the Southeast Region. She was the Program Coordinator for the DBT program at Southeast Missouri Mental Health Center and currently provides consultation with DBT community programs in the SE region and specific cases that may benefit from DBT. She has extensive experience in DBT programs, DBT therapy in private practice and DBT skill building in correctional settings. She has worked with individuals with a broad range of personality disorders, chronic mental illness and intellectual disabilities. She is an Adjunct Professor at Mineral Area Community College.

To register for the training, please email bobbi.summers@dmh.mo.gov.

This training is not to qualify or certify therapists or individuals to provide DBT in treatment. There will be no CEUs available for the trainings.



Arts & Literature



Expression



Creativity

Methamphetamine

I Walk Down A Very Dark Road
 Day and Night I Wander the Streets.
 In Search of Something that doesn't exist.
 I Look and cannot find.
 So where is it.
 What is it.
 I'm trying to beat the Beast.
 I'm trying to conquer the Beast.
 I'm almost There.
 Then the Beast Disappears.
 I'm in search of something that doesn't
 exist
 I Look and cannot find.
 So where is it.
 What is it.
 Can you beat the Beast.
 I heard No one can.
 The Beast told Me that.
 I Seek to Beat the Beast
 I will eventually.
 I Might Die Consequently.
 I will conquer the Beast.
 I will have a Huge Feast.
 At Least.

By: ACT client

SUBMIT ART, POETRY, PHOTOS, TESTIMONIALS,
 SHORT STORIES, PHOTOS OF PAINTINGS, SCULP-
 TURE, ETC. TO LORI.NORVAL@DMH.MO.GOV,